

## Recommended Reading/Resources for ASD and Sexuality

### ARTICLES

#### **Sexuality and Autism – Danish Report**

[www.autismuk.com/index9sub.htm](http://www.autismuk.com/index9sub.htm)

**Sexuality and Autism – TEACCH PROJECT:** Sex education for matching programs to levels of functionality [www.autismuk.com/index9sub1.htm](http://www.autismuk.com/index9sub1.htm)

### BOOKS: Preschoolers and Primary Children

Mayle, Peter. **Where Did I Come From** Lyle Stuart Kensington Publishing Corporation, New York. 2000 ISBN 0-8184-0608-9

This book and its companion, *What's Happening to My Body* (ages 6 plus) have cartoon-like drawings and an English sense of humor.

Brown, Laurie & Marc. **What's the Big Secret?** Little, Brown and Company, New York. 1997 ISBN 0-316-10183-4

A great book for ages 3 – 10 by the author of *Arthur* books.

Harris, Robbie. **It's So Amazing.** Candlewick Press, Cambridge Massachusetts. 1999 ISBN 0-7636-0051-2

A new and exciting book.

Hickling, Meg. **Boys, Girls & Body Science: A First Book About Facts of Life.**

Harbour Publishing. 2002

ISBN 1-55017-236-0

Lennart Nilsson, **A Child is Born**, 2004

Roffman, Deborah M. **But how'd I get in there in the first place? Talking to your young child about sex.** Perseus Publishing, Cambridge Massachusetts, 2002 ISBN 0-7382-0572-9

Schoen, Mark and Quay, M.F. **Belly Buttons are Navels.** 1990

## **BOOKS: Puberty**

Harris, R., **It's Perfectly Normal: Changing Bodies, growing up, sex and sexual health**, 2004, U.S

A very comprehensive book with marvellous illustrations on puberty and sexual health.

Price, Geoff, **Puberty Boy** and **Puberty Girl**, 2005 Australia

Madras, Lynda. **The What's Happening to my Body Book for Girls**. New Market Press, New York. 2000 ISBN 1-55704-444-9

Madras, Lynda. **The What's Happening to my Body Book for Boys**. New Market Press, New York. 2000 ISBN 1-55704-443-0

Jukes, Mavis. **Growing Up It's A Girl Thing: Straight Talk About Bras, First Periods, and Your Changing Body**. Alfred A. Knopf, New York. 1998  
ISBN 0-679-89027-0

This book and its companion, It's a Girl Thing for teens and pubescent girls, are written with humour and sound advice.

Schaefer, Valorie. **The Caring and Keeping Of You: The Body Book For Girls**. Pleasant Company Publications, Wisconsin. 1998 ISBN 1-56247-666-1  
For ages 8 and up.

Gardner-Loulan, JoAnn; Lopez, Bonnie; Quackenbush, Marcia (Illustrator), **Period**. Volcano, CA: Volcano Press, Inc. 1991. (Book) - YOUTH GG 700 GAR 1991

Gray, J., Jilich, J. (1990). **Janet's Got Her Period**. James Stanfield - \$399.00.  
This program is for girls and young women with severe developmental disabilities. Consisting of a video and an illustrated storybook with full-colour photographs, it tells the story of a young girl who learns menstrual self-care from her mother and sister. A teacher's guide is also included. Intended for ages pre-pubescent to adult.  
\*PPA <http://www.stanfield.com/sexed-1.html> (description and order link)

Crissy, Pat and Noah. **Personal Hygiene, What's That Got to Do With Me?** Jessica Kingsley Publishers, 2004 80pp ISBN 978 1 84310 796 5

Mai Rees, Charlotte Carter and Lindsay Myers. **Periods – A Practical Guide**, produced in collaboration with Conwy and Denbighshire NHS Trust.

**36pp book with CD** for educators, to teach girls and young women with learning disabilities about menstruation. Can be ordered from the website below:

<http://www.me-and-us.co.uk/ppg/index.html>

Accompanying Purse-book: **I Change My Pad**

**32pp booklet, 74mm x 105mm (A7 size)** gives girls and young women with learning disabilities a reminder of when and how to change a pad.

<http://www.me-and-us.co.uk/ppg/ichangemypad.html>

Newport, Jerry and Mary. **Autism/Aspergers and Sexuality: Puberty and Beyond**. Future Horizons Inc., Arlington Texas. 2002 ISBN 1-885477-88-0

Bourgeois, Paulette and Kim Martyn. **Changes in You and Me; A book about puberty mostly for girls**, 2005

Bourgeois, Paulette and Kim Martyn. **Changes in You and Me; A book about puberty mostly for boys**, 2005

### **BOOKS: Later Teen/Adults**

Wendy Lawson. **Sex, Sexuality and the Autistic Spectrum**. Jessica Kingsley Publishers. 2005

Written by an openly gay autistic adult

Sarah Hendricks. **Love Sex and Long-Term Relationships: What People with Asperger Syndrome Really Really Want**. Publisher Jessica Kingsley. Price £13.99.

Sarah Attwood. **Making Sense of Sex: A Forthright Guide to Puberty, Sex and Relationships for People with Asperger's Syndrome**. May 2008 320pp ISBN 978 1 84310 374 5

Luke Jackson. **Freaks, Geeks, and Aspergers Syndrome. A User Guide to Adolescence**. Foreword by Tony Attwood. 2002 224pp ISBN 978 1 84310 098 0

Jonathan Griffiths. **Asperger Meets Girl: Happy Endings for Asperger Boys**. 2008 112pp ISBN 978 1 84310 630 2

Sarah Hendrick and Keith Newton. **Aspergers Syndrome: A Love Story**. Foreword by Tony Attwood. June 2007 ISBN 9781 84310 540 4

Emilia Murry Ramsey. **Autistic's Guide to Dating: A Book by Autistics, for Autistics, and those who love them or those who are in love with them**. Jessica Kingsley Publishing. 2008

## **BOOKS: For Parents:**

Dave Hingsburger, **I Contact: Sexuality and People with Developmental Disabilities**

Hingsburger, Dave. **BEHAVIOR SELF** – Using Behavioural Concepts to Understand and Work With People and Developmental Disabilities. Diverse City Press Inc. 1996.

Hingsburger, Dave. **I OPENERS: Parents Ask Questions About Sexuality and Children With Developmental Disabilities.** Family Support Institute Press. 1993.

This book offers insightful and intelligent answers to real-life questions from parents, with the goal of teaching children with developmental disabilities about sexuality. The author has worked extensively with people with disabilities and he treats this subject not only with sensitivity but with good humour. \*VRRRI <http://www.cdss.ca/shop/itm00077.htm> (order information)

Hingsburger, Dave. **DO? BE? DO?** What to Teach and How to Teach People With Developmental Disabilities. Diverse City Press Inc. 1998.

Hingsburger, Dave. **JUST SAY KNOW!** Understanding and Reducing the Risk of Sexual Victimization of People With Developmental Disabilities. Diverse City Press Inc. 1995.

Hickling, Meg, **The New Speaking of Sex: What your children need to know and when they need to know it,** 2005

A newly revised and expanded book.

Call 1-800-299-2926 to order

Steven E. Gutsteing. **Autism / Aspergers: Solving the Relationship Puzzle.** Publisher: Future Horizons. 2000

Shana Nichols. **Girls Growing up on the Autistic Spectrum.** Jessica Kingsley Publishing, 2009 ISBN 978 1 84310 8559 Code NAS 845

Isabelle Henault. **Asperger's Syndrome and Sexuality: From Adolescence Through Adulthood,** Foreward by Tony Attwood. 2005 208pp ISBN 978 1 84310 189 5  
Asperger's Syndrome and Sexuality

John D. Allen. **Gay, Lesbian, Bisexual and Transgender People with Developmental Disabilities and Mental Retardation.** 2003

## **CURRICULUMS**

**Special Education: Secondary F.L.A.S. H.** (Family Life and Sexual Health). A Curriculum for Grades 7 – 12.

Written by Jane Stangle, Med, Seattle-King County, Department of Public Health, Family Planning Program and Seattle Public Schools.

Inquiries concerning invoiced directed to:

Public Health Seattle & King County

Accounting Services

401 - 5th

Avenue, Suite 1200

Seattle, WA 98104-1818

206-263-8649

Make checks payable to: Seattle/King County Public Health

Federal ID #91-6001327

Free downloads of F.L.A.S.H available at the following website:

<http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx>

**Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism.** Arlington Tx: Future Horizons. 2003.

Written by Mary Wrobel and is appropriate for ages 5 and up. Includes social stories and easy to understand activities.

**Changes in You – The Curriculum**

By Peggy Siegel, M.S.

An Introduction to Sexual Education Through An Understanding of Puberty For Students with Special Needs from Grades 3 through 9. James Stanfield Company

U.S. 1-800-421-6534

**Inside Out: What Makes A Person With Social Cognitive Deficit Tick**

Written by Michelle G. Winner

**Thinking About You Thinking About Me**

Written by Michelle G. Winner

[www.socialthinking.com](http://www.socialthinking.com)

**Navigating the Social World: A Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism and Related Disorders** (Spiral-bound)

Written by [Jeannette McAfee](#)

"The world of emotions can be puzzling and often overwhelming to individuals with HFA..."

## **PICTURE SETS**

**Life Facts – Sexuality**, Essential Information About Life...For Persons With Special Needs.

Basic Sex Education Using Teacher-Friendly 11" x 14" Laminated Illustrations.  
By James Stanfield Company, U.S. 1-800-421-6534

### **Life Facts – AIDS**

Helps Students Avoid the Risk of AIDS.

## **VIDEOS/DVDs**

### **CIRCLES I & II INTIMACY AND RELATIONSHIPS**

Teaches about "relationship boundaries" and relationship specific behaviours. Helps your student "see" social and sexual distance. For middle school through adult.  
1-800-421-6534

### **THE LIFE SMART CURRICULUM**

Becoming Date Smart I & II  
Becoming People Smart I & ii  
James Stanfield and Company 1-800-421-6534

### **BEING WITH PEOPLE: Social Skills Training for Persons With Special Needs**

Being With Friends  
Being on a Date  
James Stanfield and Company 1-800-421-6534

## **SLIDES**

**Life Horizons I – The Physiological and Emotional Aspects of Being Male and Female**

**Life Horizons II – The Moral, Social and Legal Aspects of Being Male and Female**

By Winifred Kempton, MSW.

Sex Education for Persons With Special Needs – the most widely used sex education program for persons with developmental and learning disabilities.

James Stanfield and Company 1-800-421-6534

### **Sexuality Education for Persons with Severe Developmental Disabilities**

By Beverly Brekke, Ed.D  
James Stanfield and Company 1-800-421-6534

### **Sunny Hill Education Resource Library**

BC Children's Hospital  
Sunny Hill Health Centre for Children  
3644 Slocan Street, Room S225, Vancouver, BC, V5M 3E8  
Toll free : 1-800-331-1533 ext.1  
Tel: 604-453-8335 ext. 1  
Fax: 604-875-3455  
Email: [sherc@cw.bc.ca](mailto:sherc@cw.bc.ca)